C 26/3

MAIN TRAILS & BACKCOUNTRY CAMP AREAS
NORTH CASCADES COMPLEX
WASHINGTON

Scale
Miles
0 1 2 3 4 5 6 7 8 9 10
0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
Kilometers

LEGEND

- North Cascades Highway
- Trail
- Approximate Mileage Between Camps
- Pacific Crest Trail
- Campsite — Fires OK
- Campsite — No Fires
- Campsite — Horses
- Campsite — Boats

No Camping or Fires in Cascade, Park Creek, Whatcom, or Easy Passes

REVISED 1983

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BACKCOUNTRY USE RULES

North Cascades National Park
and
Ross Lake & Chelan National Recreation Areas

The following backcountry use rules and suggestions are for the protection of natural features and the safety and enjoyment of park visitors. Please observe the rules and suggestions and encourage others to do the same. The backcountry of North Cascades National Park and Ross Lake and Lake Chelan National Recreation Areas is managed as wilderness and is administered by the National Park Service. Regulations pertaining to the Glacier Peak and Pasayten Wilderness Areas differ slightly from those offered here. Information on those areas may be obtained from U.S. Forest Service Offices.

1. PERMITS: Written permits are required for any overnight backcountry use. Permits are not available at the trailheads, but may be obtained at any of several designated Ranger Stations. Permits are issued on a first come, first served basis, and can be issued the day before departure. Permits are issued on a travel zone basis for which maximum use levels have been established.

2. GROUP SIZE: Groups larger than twelve are not permitted to travel and camp as a unit. Large groups are not compatible with the backcountry experience or resource use since they tend to have a disproportionate impact on camping areas. One large group could also preempt use by several small groups or a number of individual hikers at any one site if permitted.

3. THE HIGH COUNTRY: Elevations above about 1160m (3500 ft.) in the North Cascades have a growing season which lasts only from July through September. This zone is commonly called sub-alpine and alpine. The sub-alpine is easily recognized by the distribution of trees in clusters and by the dwarfed and stunted character of many trees. Plants and soils at these elevations are easily damaged by trampling, campfires and other types of use associated with camping. More stringent rules are applied to this zone in order to protect resources. Wood fires are prohibited anywhere in sub-alpine and alpine areas and overnight camping is prohibited in all sub-alpine meadows and passes. Extensive areas in the vicinity of Cascade, Whatcom, Easy and Park Creek Passes and Copper Ridge are closed to camping.

4. TRAILSIDE CAMPING: Hikers using maintained trails must camp only in camp areas which are designated with trailside posts. Wood fires are permitted only in camps where iron fire grates have been installed. Individual campsites are designated and must be used to avoid crowding or disturbing other campers.

5. CROSS-COUNTRY TRAVEL: Trailless areas are true wilderness and require low impact camping techniques and conscientious restraint in providing for personal comfort. Travelers are not permitted to build wood fires, cut live or standing vegetation, make permanent modifications in camp sites, or mark routes. Evidence of human activity must be removed from all campsites.

Cross-country camps must be more than five (5) miles from a maintained trail and more than Five (5) miles from designated camps.

6. SANITATION: All litter and trash should be packed out. Where provided, pit toilets should be used only for human body wastes, not plastic, aluminum, foil or cans. In other areas a shallow latrine may be dug, but only if well away from water sources.

Personal bathing and other cleaning chores should be done well away from water sources and campsites.

7. WILDLIFE PROTECTION: Hunting and trapping are prohibited in the National Park. The possession of a firearm or other device designed to discharge missiles capable of destroying wildlife is prohibited unless it is unloaded and cased or otherwise packed in such a way as to prevent its use. However, hunting and trapping are permitted in the National Recreation Areas in accordance with Washington State regulations. Feeding or molesting wild animals is unsafe for travelers and unhealthy for the animals.

8. BEARS: Bears are commonly seen in backcountry areas. Normally they avoid contact with humans, though certain individuals are attracted to camps if food is within easy reach. Campers should routinely suspend all food and aromatic materials out of reach of bears before leaving camp or retiring for the night. Suspending materials in nylon or plastic bags at least 2.2m (8 ft.) above ground and 2m (6ft.) from tree trunks is usually adequate. If a bear invades a camp area and is not easily frightened away, the animal should not be challenged. Such an incident should be reported to Park Rangers as soon as possible.

9. DOGS AND PETS: Dogs, cats and other pets are prohibited in the backcountry within the National Park. In the National Recreation Areas and along the Pacific Crest Trail, dogs are permitted on leash except where otherwise posted. Wherever dogs or other pets are permitted they must be restrained at all times so they do not annoy other travelers, disturb native animals, or livestock.

10. LIVESTOCK: It is recommended that those traveling by horseback use the following trails only when conditions are dry and stable: The Eastbank Trail from Hozomeen to Highway 20; all trails in the Stehekin River drainage except the trail above Cottonwood Camp, Camp Hanegan to Ross Dam; and Colonial Creek to Stehekin. All other trails are generally unsafe or otherwise unsuitable for stock use. The Copper Ridge and Cascade Pass Trails are closed to livestock. Stockmen should inquire at Ranger Stations for current trail conditions prior to trip departure, as certain sections of trail may at times be impassable or hazardous.

Stock parties must camp in areas designated as "Horse Camps." Grazing is not permitted except by special permit, and stockmen must pack in all feed required by their animals. The maximum number of head permitted in one party is 15. Lower limits may be imposed in some areas for resource protection.

11. SAFETY: Solo camping and hiking is unsafe and not recommended. Some backcountry water sources are unsafe and chemical or boiling treatment of all water intended for human consumption is recommended. Visitors are cautioned to take along a little extra food "just in case." They should make sure that food is adequately packed in sealed containers so as not to attract insects, rodents or bears. Insect repellent, small first aid kits, a dry change of clothes and protection from unexpected rain or snow and cold wind are considered necessities.

Stream crossings can be extremely hazardous during periods of high runoff. Bridges and logs are not always available. Early morning fordings are usually the best as daily fluctuations in stream levels do occur. When fording streams visitors are cautioned to release the waist strap on their pack and "rope in" with a companion on shore if the water is more than a few inches deep.

When livestock are encountered on the trail, avoid scaring the animals. Step off the trail and remain quiet until the stock party has passed.

Avalanches pose real threats for the high elevation cross-country hiker, especially during the warmer hours of the day.

Be alert for unstable snow conditions and test questionable snow bridges with a stick or ice axe. Minor injuries can be a serious problem in the backcountry, so "play it safe."

12. CLIMBING: The North Cascades offer a variety of challenges to the rock, snow and ice climber. Climbing parties, in addition to securing Backcountry Use Permits, are strongly urged to sign the climbing register at the Marblemount or Stehekin Ranger Station, or the USFS Ranger Station at Glacier, and should sign out upon returning. Climbers are urged to practice safety at all times and not to undertake climbs which require greater skill than party individuals can safely handle. Solo climbs are unsafe to attempt, and novices should always be accompanied by experienced climbers.

Rescue and evacuation attempts by Park Rangers or County Volunteer Mountain Rescue Organizations are necessarily time consuming and expensive. Certain costs for helicopter evacuations may be charged to the party involved in emergency situations.

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TOUCH THE WILDERNESS GENTLY

WELCOME, TO THE BACKCOUNTRY OF NORTH CASCADES NATIONAL PARK COMPLEX.

THE WILDERNESS YOU WILL BE EXPERIENCING DOESN'T BELONG TO OUR GENERATION. IT IS GIVEN TO US IN TRUST. WE ARE EXPECTED TO USE IT WISELY AND PASS IT ON TO THE NEXT GENERATION INTACT. IF EACH IS TO HAVE THE SAME FREEDOM IN EXPERIENCING WILDERNESS, EACH OF US MUST "TOUCH THE WILDERNESS GENTLY".

THE IDEAS AND REGULATIONS BELOW ARE GUIDELINES TO HELP MAKE YOUR STAY MORE ENJOYABLE. THEY WILL HELP YOU PROTECT THE WILDERNESS AND YOUR FREEDOM OF WILDERNESS USE.

MINIMIZE YOUR IMPACT

Minimum impact techniques are tools for using the wilderness without making your stay felt by the land or other visitors. These techniques insure that those who follow you will have the same freedom to use the wilderness as you do. Touch The Wilderness Gently is a function of attitude, awareness and respect for the land and each other.

LITTER: Most folks pack out the garbage they pack in. If you find litter, pack it out. If there is more than you have room for, tell us where it is and we'll pack it out. Don't leave yours!

SHOES: Pick the soles for the terrain you will be traveling. Deep lugs were not designed for normal trail use. In heavily used areas, they increase trail erosion and damage vegetation. Carry a pair of sneakers for wearing around camp. They give your feet, boots, and the ground a break.

FIRES: In alpine and sub-alpine zones, fires can change ecosystems that took 1,000 years to establish. Fire not only kills the vegetation at the site, it changes the chemistry of the soil. It will take years for plants to grow on the site and then they will likely be different plants. Life in these zones is slow growing and easily changed or destroyed.

BRIGHT COLORS: Bright colors shrink the wilderness. An orange tent can be seen for miles while "earth colors" blend in with the surroundings. Try to minimize your visual impact.

WATER CONTAINERS: By carrying a large 2 to 5 gallon collapsible jug, you can cut down on the number of trips to water. It will greatly reduce impact on the water sources.

STOVE: Carry one and use it even in areas where fires are permitted. They don't alter the resource and can save your life in a pinch.

TRAIL TRAVEL: Shortcutting a switchback or avoiding a muddy trail causes multiple trails. The cost of repairing switchbacks may mean the difference between opening or not opening another trail.

Do It Right!

SANITATION AND WASTE DISPOSAL: Wallowa toilets are located in designated camps. Where available, please use them. To make them pleasant, use them only for what they were designed. PLEASE, no garbage. Trash fills them quickly and forces the digging of new holes. As food rots, it will attract bears and other wildlife, causing added problems.

High country areas with heavy use require vault-type toilets. When they are full, they must be filled out to be useful, that is very expensive. To help keep them from filling too quickly, don't use them for urinating. When kept away from camp, urine is not generally hazardous to human health. Pick a site, that is rocky or without vegetation. Deer and other animals may dig it up for the salt. Human feces, however, can carry micro-organisms that are hazardous to human health. If no facility is available, urinate at least 200 yards away from campsites and water courses to at least 50 yards and dig a shallow hole 4 to 6 inches deep. Fill in the hole and replace the sod plug. Use natural toilet papers, moss, ferns, leaves or snow as you, show

WASHING DISHES, CLOTHING AND YOUR BODY: This should be done well away from water sources and camps, at least 200 feet. It's not even intended to use any soap, even "biodegradable" soap. As dishes, it can cause diarrhea. If not thoroughly rinsed from clothing, it can cause a rash. Bathing, unless you are out for long periods, is unnecessary. If you feel you must indulge, try this method. Fill some pots with water and carry them about 100 feet from the water source. Then go back or camp in getting good and wet. Go back to the pots and soap up, then rinse off with your pots of water.

BEARS AND OTHER CRITTERS

As part of the new challenge of touching the wilderness gently, every effort must be made not to change the life patterns of wild animals, whether mouse or bear. Animals will not normally seek human contact, but they are opportunists. When a careless camper leaves food or garbage behind, the wild creatures acquire a taste for human food. They quickly make the association between food and campers.

To prevent them from becoming dependent on you, here are a few ideas that will help protect you from the animals and them from you

- **Eat all the food you cook.
- **Keep all food in tight plastic bags.
- **Clean up camp after meals. Wash dishes away from camp and stream.
- **Hang all food and garbage as soon as a meal is over.
- **If you consolidate food and leave packs on the ground, open all pockets and flaps.
- **Carry out all your garbage. Pack out garbage left by others.
- **Report all bear contacts.

If a bear comes into your camp, try frightening it away by yelling and beating on pots and pans. DON'T hit it. If it cannot be frightened away, leave the area and report the incident to a ranger. If you know of other campers in the area or meet them on the trail, make them aware of the problem.

FACTS:

- **After a bear has become a problem to backcountry users, there are few options open to the park staff. It's very difficult to solve the problem by moving the bear from the area. Often, this just moves the problem from one place to the next.
- **The only permanent solution is for all backcountry users to practice good housekeeping habits.
- **The last reliable grizzly sighting in the park was in 1965.

Food: Take two days' extra rations "just in case"...

BACKCOUNTRY RULES

PERMITS: Written permits are required for all overnight stays. They are free and are issued on a first-come, first-served basis. They are issued no sooner than the day before you depart.

GROUP SIZE: Maximum is 12. Because of the disproportionate impact made by large groups, we ask that you keep your party size smaller than 12.

FIRES: Fires are permitted only at designated campsites with fire grates. They are indicated with a green dot on the reverse side. All other areas are stoves only.

DOGS AND PETS: Dogs, cats and other pets are prohibited in the backcountry within the National Park. In the National Recreation Area and along the Pacific Crest Trail, dogs are permitted on leash except where otherwise posted.

WILDLIFE PROTECTION: Hunting and trapping are prohibited in the National Park. The possession of a firearm or other device designed to discharge missiles is prohibited during wildlife protection periods. Recreational hunting and trapping are permitted in the National Recreation Area in accordance with Washington State regulations. Feeding or molesting wild animals is unsafe for travelers and unhealthy for the animals.

Mt. Rainier was no wilderness when it was set aside as a park. Many of the meadows were grazed by domestic livestock. Many of the trails were built by the Civilian Conservation Corps. Even the Indians burned the forests to improve the berry crops. Nature does not keep her wilderness free of man's influence. It is left to us to protect it from ourselves.

— Ingrid M. Urban

Not only was wilderness here a place to subdue but characters in a people, but its continuing constant, a place where we are near enough to reach it if we feel confined, to a stabilizing power as well as a steadfast resource for the future.

— Ingrid M. Urban

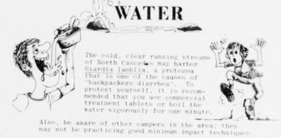
HORSES AND PACK STOCK

Livestock can be a traditional and romantic part of the backcountry. Stock was used to explore much of the Cascade wilderness. That same wilderness is not the wide it was 50 years ago. The areas where you can travel by horse are shrinking. The areas that have been preserved as National Parks or Wilderness must be used wisely if they are to last. You are also sharing the area with more hikers, climbers and campers than a few years ago.

Stock can do a disproportionate amount of damage to trails and campsites if the handler is not skilled or wise to backcountry use. Most stockmen accept their full share of responsibility in using the backcountry. Those few that are not skilled in minimum impact techniques must be educated by other stockmen. To help keep North Cascades as good stock country, we ask that you follow these rules: pick up a permit before you start, take all your food with you (grazing by permit only), limit your stock to the fewest number possible — no more than 15, horse camps must be used, Cascade Pass and Copper Ridge are closed to stock. You can help us — on your way, if you have an empty box, pack out any garbage you find. Help educate other horse people. Let us know about trail and camp conditions or any hazards to your stock. Have a good trip, and come back again.

Dude carrying and horses is becoming more popular, however, even a safety standpoint, we don't recommend it. If you are carried in by someone else, let someone have your phone, because you will be required. Get out and ask to ride it on a horse. You will carry extra food and basically extra you will need an extra margin of safety.

WATER



The cold, clear running streams of North Cascades may harbor Giardia lamblia, a protozoa that is commonly a cause of backpackers diarrhea. To protect yourself, it is recommended that you use commercial treatment tablets or boil the water vigorously for one minute.

Also, be aware of other campers in the area, they may not be practicing good minimum impact techniques.

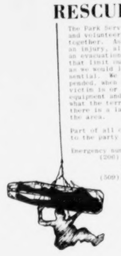
HYPOTHERMIA

Hypothermia, the number one killer of outdoor recreationists, is a mental and physical collapse when drained energy reserves gradually lower inner body temperature. If exposure to wet, cold and wind continue, cold will numb the brain and reduce the power of judgement and reasoning. Hands and feet become numb as blood rushes from extremities to vital organs. Uncontrollable shivering, fumbling and drowsiness may result. Without proper treatment, this condition leads to stupor, collapse and death. Avoid hypothermia. Stay dry by using rain gear. Seek shelter from the wind. Prevent exhaustion. Maintain energy by nibbling high-energy food. Stay warm with wool clothing — by putting on a wool cap you can retain up to 50% of your body heat which can be lost through your head and neck.

Treat hypothermia immediately. For mild symptoms, get the victim out of the wind and rain, strip off all wet clothing. Give him something warm to drink. Get him into dry clothes and a warm sleeping bag. If the victim is semi-conscious or worse, try to keep him awake and put a second stripped person into the sleeping bag. Skin-to-skin contact is the most effective treatment.

EXTRA CLOTHING: Carry a change of wool. The mountains can be wet and cold even in August.

RESCUES



The Park Service, local county sheriffs, and volunteer mountain rescue units work together. As soon as we receive word of an injury, all efforts are made to effect an evacuation. There are a lot of factors that limit our abilities to do as quickly as we would like. Good information is essential. We need to know who, what happended, when it happened, exactly where the victim is or will be. How it happened, what equipment and manpower is with the victim, what the terrain is like, the route in, if there is a landing site, and the weather in the area.

Part of all of the rescue cost may be charged to the party involved.

Emergency Numbers:
(206) 855-4500 Sth Washington
356-4130 Skagit Sheriff
826-2211 Whatcom Sheriff
(509) 663-2056 Chelan Sheriff

STREAM CROSSINGS: In the spring and late fall high water conditions can be extremely hazardous. Early morning fordings may be best as daily flows are usually lowest, and as always, be very careful about walking in fast moving water.

BOATING

Boating on Ross, Diablo and Gorge Lakes and Lake Chelan is very popular for fishing, camping and viewing the spectacular scenery. The lakes are located in deep, narrow valleys surrounded by snow-clad peaks that rise up to 9,000 feet. On a warm summer day, it may seem that nothing could go wrong, and it may not. But, as the skipper of your craft, there are a few points about these lakes that will help you plan a safer trip.

Because the lakes are located in deep, narrow valleys, they are subjected to frequent high winds. Those winds may come up with little or no warning, particularly in the afternoon. If you get caught in a storm, take shelter along the shore and wait it out. Trying to outrun the storm can be disastrous. Let those you left in camp know your plans, and that if a storm comes up, you will be late in returning.

The lakes are power reservoirs and their level may fluctuate as much as three feet overnight. Tie up to the docks provided, or pick a spot that will not leave you and your boat stranded.

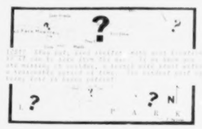
While underway, be on the lookout for deadheads, log booms, floating debris, and submerged stumps.

For your safety, the safety of your passengers, and that of others boaters, the following regulations are enforced:

- **Backcountry permits are required for all overnight stays, except on Lake Chelan. They are free and can be obtained at any ranger station.
- **Mount Guard approved personal flotation devices are required for each person aboard any water craft.
- **Dumping or discharging refuse or wastes into the water is prohibited.
- **Safe speeds shall be maintained in docking, fishing, and harbor areas.
- **Motorized craft shall keep clear of any vessel under sail or being propelled by oars or paddles.
- **Boats must be launched from designated access only.
- **All federal and state boating and fishing regulations are applicable.

Rangers patrol the lakes and are there to assist you with information and in emergencies. At the skipper's request, they will give your boat a courtesy safety inspection. If they can make your trip more pleasant and safer, please ask them.

•••SAFE BOATING•••



BACKCOUNTRY STAFF

As you travel the trails and high country, you are likely to meet ranger trail crews or backcountry rangers. They spend the summer working and living in the backcountry. They know the park well and are happy to share their knowledge with you. Most of them have radios for quick help if an emergency comes up.

The trail crew moves throughout the park maintaining the 300 miles of trails. The rangers are either assigned fixed patrol areas covering about 30 miles of trail, or short trails and extensive routes.

The ranger staff will want to see your backcountry permit and find out how your trip is going. If you wish to chat, or want to enjoy the wilderness alone, they are sensitive to your wishes.

Hikers using naturalized trails must camp only in camp areas which are designated with trailside posts. Wood fires are permitted only in camps where iron fire grates have been installed. It is recommended that you carry a stove. Wood would you do like, you be wet and difficult to light. Also, a stove is more convenient. There is a quota system in effect. Some areas are more popular than others and you may not get your first choice. Have alternates noted out when you pick up your permit. There are some areas that require permits for groups. If you are looking for a place where you are less likely to meet others, you should get your permit in person. If it is possible to plan your trip during the week, you are more likely to get your first choice.

CLIMBING and CROSSCOUNTRY

Backcountry use permits are required. You are also urged to sign in and out on the climbing registers located at Marblemount, Stehekin, or Glacier Ranger Station. It is not only reassuring but of assistance if you are out of the backcountry.

You may camp anywhere as long as the following requirements are met: observe all backcountry regulations; practice minimum impact techniques; and be at least 200 feet from established trails and more than one mile from designated camps. Climbing and crosscountry travel are without a doubt some of the freest activities left to experience. It is our hope that it will remain that way. The more people we want, the more responsibility we must accept.

Climbing has been said to be nearly just great trail bridge. It has also been said that mountains don't care. Have a good one and play it safe.

REVEGETATION

A program of revegetation in old campsites was started at Cascade Pass in 1965. Since then the program has grown to include most of the old campsites and abandoned trails in the park.

A variety of techniques are being tried. Some old sites are simply closed and allowed to grow back on their own. In other sites, plants are taken from surrounding areas where they are abundant and planted at the base of trees. In sub-alpine and alpine areas where growth is slow, seeds are collected and grown in a greenhouse at Marblemount. After the plants reach a sufficient size, they are backpacked in and planted, usually in the fall.

In some areas, you will find pots netting, a fibrous hemp that decomposes in about five years. The netting prevents soil from eroding and allows windblown seeds a place to grow.

Rehabilitating these sites requires a great deal of time and effort. You can help by camping in established sites and staying for breaks in spots that will not be impacted.

Cascade Pass, Sahale Arm, Stehekin Pass, Park Creek Pass, Fisher Creek and Easy Pass are closed to camping. A project to revegetate other and find ways of camping in these subalpine areas is underway. At this time, we don't have the answer to how large numbers of people can camp without permanent damage. We are working on it and are open to suggestions. If you are interested in seeing the greenhouse operation or learning more about revegetation, stop in the Information Center in Marblemount.

Forty hectares [illegible] that half [illegible] are bar [illegible] and [illegible] short wooded and [illegible]... Trees are [illegible] for numerous [illegible]. Each one is a study [illegible] and [illegible].

— William O. Douglas